



NUTRITION CARE DIVISION

IRWIN ARMY COMMUNITY HOSPITAL
FORT RILEY, KS 66442-5037
(785) 239-7644



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FACT SHEET

MISSION: The Nutrition Care Division (NCD) is responsible for the provision of comprehensive nutritional services in support of the patient care mission of the MEDDAC/DENTAC. The full age spectrum is served in this department. Our services include (but are not limited to) inpatient and outpatient dietary consultations, outpatient classes on heart health, weight loss, diabetes, prenatal, and infant nutrition. In-services on nutrition topics to ward staff, medical clinics, SOLDIERS, and other organizations may be conducted as requested. Meal service is provided to inpatients and dining facility patrons to include active duty, reserve and National Guard SOLDIERS assigned to the MEDDAC, retirees, family members, visitors, and the civilian population.

1. The NCD office is located in the basement of Irwin Army Community Hospital (IACH) right beside the main elevators. Medical Nutrition Therapy (MNT) consultation appointments can be made through Nutrition Care Division by calling (785)784-1200 / (785)239-7644.
2. New patients must obtain a consult from their medical care provider (may be physician or nurse) prior to obtaining nutrition services. However, NO CONSULT is needed for patients attending prenatal nutrition, infant nutrition, breastfeeding, and/or weight control classes (adults only).
3. Nutrition Services offered include:

a. Diabetes Education Program

Multidisciplinary education program for diabetic patients who are either newly diagnosed, or in need of an educational update. Family members are also welcome to attend on a space available basis. Diabetic education topics include: Types of Diabetes, Standards of Care, Foot Care Guidelines, Self Management & Glucose Monitoring, Exercise, Nutrition Basics, Beverage Demonstration, Carbohydrate Counting & Label Reading, Medications, Hyper vs. Hypoglycemia, and Sick Day Guidelines.

Upon completion of the Diabetes Education Program, participants are advised to schedule an individual appointment with the Family Nurse Practitioner (FNP) who specializes in diabetes care, and with the Registered Dietitian (RD) for individualized medical nutrition therapy.

Consult required



b. Heart Healthy Class

What do my numbers mean? Learn about your lipid profile and the difference between "good" and "bad" cholesterol. Do you know what your risk factors are? How can you modify your lifestyle to improve cardiovascular health? Learn about treatment for elevated cholesterol or triglycerides, and/or high blood pressure through lifestyle and dietary modifications.

Participants are instructed on American Heart Association (AHA) dietary guidelines, along with Dietary Approaches to Stop Hypertension (DASH). Participants are advised to repeat lipid profile in 3 to 6 months following implementation of dietary modifications. Patients with hypertension are instructed to take their medications as prescribed and have their blood pressure monitored on a regular basis.

Consult required

c. Family Member Weight Reduction Class

Do you need to lose weight? Do you want to lose weight? Examine the reasons why so many Americans have weight problems, what realistic weight loss goals are, why fad diets and ultra-restrictive diet plans do not work long term. Participants are instructed on basic nutrition for weight management with major emphasis on portion sizes and increased exercise/activity. Follow-up nutrition monitoring, support groups, and community resources are discussed. **No consult required**

d. Active Duty Weight Reduction Class (*Weigh to Stay Program*)

This two-part class is specifically tailored for active duty SOLDIERS. The first class focuses on general nutrition and physical activity. The second class provides a detailed nutrition weight loss plan. SOLDIERS referred to this program must attend both classes. **No consult required**

e. Prenatal Nutrition

Moms-to-be learn about recommended nutrient intake for pregnancy, community resources, relief from nutrition related problems in pregnancy, appropriate weight gain, and strategies to modify their prenatal weight gain as needed. Participants learn about simple tasty snack and meal ideas for pregnancy. Prenatal weight gain is assessed utilizing a prenatal weight gain grid. **No consult required**



f. Breast Feeding Education Class

Learn about the benefits of breastfeeding, getting started, nutrition needs, returning to work or school, how to tell if baby is getting enough, community resources, and more. This class is usually held on the postpartum inpatient ward – call 239-7644 or 239-7164 for class location. **No consult required**

g. Individual Appointments

Individuals on special diets not categorized in previously mentioned classes will be seen individually for initial diet instruction. **Consult required**

Individual follow-up appointments are available as needed for patients who have previously attended one of the above Nutrition Education Classes, or who have previously been instructed on an inpatient or outpatient basis. **No consult required**

i. NDC Dining Facility (located in the basement of IACH)

The dining facility is open daily for breakfast, lunch, and dinner, to include weekends and holidays. Hours of operation are as follows:

Breakfast..... 0600 - 0800

Continental Breakfast... 0800 – 0900

Lunch..... 1100 – 1300

Self-Serve Lunch..... 1300 – 1330 (Grab & Go Items)

Dinner..... 1600 - 1745



The cafeteria pricing system is based on per cost item (a la carte). The dining facility is open to staff, patients, visitors and anyone who has affiliation with Irwin Army Community Hospital. Meal Card Holders must be prepared to show meal card and military identification card (scanned) at the register. Meal cardholders who are not assigned to eat at the MEDDAC dining facility must pay for meals. **Cash only accepted**